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*“The Lord does expect us to be a pure people, a virtuous people, a people whose bodies and spirits are pure before Him; if wrongdoing be practiced in our midst, the Lord expects His Priesthood to ferret it out, or He will hold them responsible.”—JOHN TAYLOR.*

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THE WISDOM OF JEHOVAH

HYRUM SMITH

SECOND PRESIDING PATRIARCH OF THE CHURCH

[THE following is a summary by a brother who was present, of a discourse delivered on Sunday, May 29th, 1842, at Nauvoo, Illinois, and published in the *Times and Seasons*, the official Church periodical, on June 1st, 1842. The interpretation of the Word of Wisdom made in this sermon is authentic, inasmuch as it was given by the Prophet's own brother, who was also in the First Presidency of the Church, later Presiding Patriarch.—Ed.]

The principles that are taught in the Book of Doctrine and Covenants are from God; they are principles of righteousness; they are given for a blessing to the human family, and the salvation, temporal and spiritual, of His Saints. That man who wantonly departs from any of the revelations of Jehovah, and treats lightly the word of God, whether contained in the Book of Doctrine and Covenants, the Book of Mormon, or the Bible, is void of understanding. He is not wise concerning the doings of the Lord, the plan of salvation, the past dealings, present designs, or future purposes of the Almighty.

The God of the armies of Israel is a wise God; He comprehended the end from beginning, and adapted His plans, His designs and teaching to the peculiar wants, the local situation, the exigencies of mankind, and the present and future good of the human family. Everything that He has deigned to notice by way of instruction to the children of men is given by infinite wisdom, by the intelligence of Jehovah. If obeyed, when His designs shall be fully unraveled, it will be seen that there was wisdom in it beyond the comprehension of man in his present state.

When God first made man upon the earth, he was a different being entirely to what he is now : His body was strong, athletic, robust and healthy ; his days were prolonged upon the earth. He lived nearly one thousand years ; his mind was vigorous and active, and his intellectual faculties clear and comprehensive. But he has degenerated ; his life has dwindled to a span ; disease preys upon his system ; his body is enervated and feeble ; and his mental and intellectual faculties are impaired and weakened. Man is not now that dignified, noble, majestic, honourable and mighty being that he was when he first proceeded from the hands of his Maker.

The Lord has in His wise designs revealed unto us His will ; He has made known unto us His future purposes ; He has told us as He did His ancient prophets that the earth shall be redeemed—that the curse shall be removed from it—that the wolf and the lamb shall lie down together—that the lion shall eat straw like the ox, and that they shall not hurt nor destroy—that the knowledge of the Lord shall cover the earth, as the waters cover the sea—that man's days shall be as "the days of a tree," that he shall again live one thousand years on the earth—this is the "time of the restoration of all things," and this has got to be brought about by the wisdom and power of God, and the wisdom, obedience and faith of man combined.

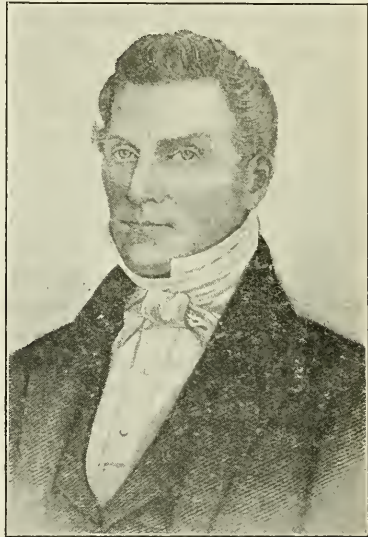
Every thing has degenerated from what it was in its primitive state ; "God hath made man upright ; but they have sought out many inventions." His vices have become innumerable, and his diseases multiplied ; his taste has become vitiated and his judgment impaired. He has fallen—fallen—fallen, from that dignified state that he once occupied on the earth ; and it needs a restorative that man has not in his possession—wisdom which is beyond the reach of human intellect, and power which human philosophy, talent and ingenuity cannot control.

God only is acquainted with the fountain of action, and the mainsprings of human events ; He knows where disease is seated and what is the cause of it. He is also acquainted with the spring of health, the balm of Gilead—of life. He knows what course to pursue to restore mankind to their pristine excellency and primitive vigour and health ; and He has appointed the Word of Wisdom as one of the engines to bring about this thing, to remove the beastly appetites, the murderous disposition and the vitiated taste of man ; to restore his body to health and vigour, promote peace between him and the brute creation, and as one of the little wheels in God's designs, to help to regulate the great machinery which shall eventually revolutionize the earth, and bring about the restoration of all things, and when they are restored He will plant the "tree of life, whose leaves shall be for the healing of the nations."

The Lord has told us what is good for us to eat and to drink,

and what is pernicious. But some of our wise philosophers, and some of our Elders too, pay no regard to it; they think it too little, too foolish, for wise men to regard—fools! Where is their wisdom, philosophy and intelligence? From whence did they obtain their superior light? Their capacity and their power of reasoning was given them by the great Jehovah. If they have any wisdom, they obtained it from Him. Have they grown so much wiser than God that they are going to instruct Him in the path of duty and to tell Him what is wise and what is foolish? They think it too small for Him to condescend to tell men what will be nutritious or what will be unhealthy.

Who made the corn, the wheat, the rye, and all the vegetable substances? And who was it that organized man and constituted him as he is found? Who made his stomach and his digestive organs, and prepared proper nutriment for his system, that the juices of his body might be supplied, and his form be invigorated by that kind of food which the laws of nature and the laws of God have said would be good for man? And has God made His food and provided it for the use of man, and shall He be ashamed to speak of the work of His hands? Has He become so fantastical, so foolish, so weak and effeminate, that it has become impolitic for Him to tell what is the best distribution to make of the work of His



HYRUM SMITH

hands? O shame! Let it not be heard among the Saints; let that man who inculcates such principles hide his face.

We are told by some that circumstances alter the revelations of God—tell me what circumstances would alter the ten commandments? They were given by revelation—given as law, to the children of Israel. Who has a right to alter that law? Some think that they are too small for God to notice. Have we become so high, so bloated out, that we cannot condescend to notice things that God has ordained for our benefit? Or have we become so weak that we are not fit to be called Saints? For the Word of Wisdom is adapted to the capacity of all who “are or can be called saints.”

. Listen not to the teaching of any man or any Elder who says the Word of Wisdom is of no moment; for such a man will event-

ually be overthrown. These are principles that I have always acted upon, that I have always practiced; and they are what my family practice. They are what Brother Hyrum has always contended for, and what I now contend for. I know that nothing but an unwavering, undeviating course can save a man in the kingdom of God.

The Lord has told us that "strong drinks are not for the belly." Who is it that will say they are when the Lord says they are not? That man who says "I can drink wine or strong drink, and it will not hurt me," is not wise. But some will say, "I know that it did me good, for I was fatigued and feeble on a certain occasion, and it revived me, and I was invigorated thereby; and that is sufficient proof for me." It may be for you, but it would not be for a wise man; for every spirit of this kind will only produce a greater languor when its effects cease to operate upon the human body. But you know that you are benefited? Yes, so does the man who has mortgaged his property know that he is relieved from his present embarrassments; but his temporary relief only binds the cords of bondage more severely around him. The Lord has not ordained strong drink for the belly, "but for the washing of your bodies."

And again "tobacco is not for the body, neither for the belly, and it is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill." Tobacco is a nauseous, stinking, abominable thing, and I am surprised that any human being should think of using it—for an Elder especially to eat or smoke it, is a disgrace to him. He is not fit for the office; he ought first to learn to keep the Word of Wisdom, and then to teach others. God will not prosper the man who uses it.

And again, "hot drinks are not for the body or belly." There are many who wonder what this can mean, whether it refers to tea or coffee or not. I say it does refer to tea and coffee. Why is it that we are frequently so dull and languid? It is because we break the Word of Wisdom. Disease preys upon our systems; our understandings are darkened; and we do not comprehend the things of God. The devil takes advantage of us, and we fall into temptation. Not only are they injurious in their tendency and baneful in their effects, but the importation of foreign products might be the means of thousands of our people being poisoned at a future time, through the advantage that an enemy might take of us—if we made use of these things that are thus spoken of as being evil. Be it remembered—that this instruction is given "in consequence of evils and designs which do and will exist in the hearts of conspiring men."

And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man—Every herb in the season thereof, and every fruit in the season thereof; all these to be



used with prudence and thanksgiving. Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly; and it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine.

All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man, but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth; and these hath God made for the use of man only in times of famine, and excess of hunger.

Let men attend to these instructions; let them use the things ordained of God; let them be sparing of the life of animals. It is pleasing with the Lord that flesh be used "only in times of winter, or of cold, or famine"—and why to be used in famine? Because all domesticated animals would naturally die, and may as well be made use of by man as not.

All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground—Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.

And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.

Let these things be adhered to; let the Saints be wise; let us lay aside our folly and abide by the commandments of God. So shall we be blessed of the great Jehovah in time and in eternity. We shall be healthy, strong and vigorous; we shall be enabled to resist disease. And wisdom will crown our councils, and our bodies will become strong and powerful; our progeny will become mighty, and will rise up and call us blessed. The daughters of Israel will be beautiful, and the sons the joy of the whole earth. We shall prepare ourselves for the purposes of Jehovah, for the kingdom of God, for the appearance of Jesus in His glory. "Out of Zion the perfection of beauty," God will shine. Zion will be exalted, and become the praise of the whole earth.

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"AND whatsoever they (the Priesthood holders) shall speak when moved upon by the Holy Ghost, shall be scripture, shall be the will of the Lord, shall be the mind of the Lord, shall be the word of the Lord, shall be the voice of the Lord, and the power of God unto salvation."—DOCTRINE AND COVENANTS 68: 4.

## A PROPHET SPEAKS TO GREAT BRITAIN

LEAH D. WIDTSOE

ON FEBRUARY 27th, 1833, ninety-eight years ago, a revelation known as the Word of Wisdom was given to the modern Prophet, Joseph Smith, concerning man's physical well-being, which message was declared to be "a principle with promise" of health and great power to all who would obey its teaching.

The revelation was given "in consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days." That "conspiring men," using all modern means of advertising to stimulate the sale, would continue with increased activity to sell alcoholic drinks as human beverage, and push pipes or cigarettes into the mouths of girls and mothers as well as boys and men—all of this must have been foreknown when the warning was given almost a century ago; also that great volumes of devitalized foods, robbed of their life-giving properties, would be packed and shipped from earth's end to human homes, all for commercial gain.

The warning then given was needed for this and all other countries. That is proven by facts which stare the lover of powerful Britain in the face. According to the customs and excise report of 1927, there was spent during that year in Britain alone the following staggering sums for substances which act as slow poisons to man's body, and cause untold suffering to countless innocent people, children and loved ones of those who indulge: For alcoholic drink—spirits, wines, beer—£300,000,000 was spent during one year, 1927; for tobacco, £168,407,000; for coffee, £4,724,000; for tea £50,388,000—making a grand total of £523,519,000 (or over one and one-half million pounds sterling for every working day of the year) for substances which undermine the health of the human body. A very few people are made enormously wealthy thereby—at the expense of human life and health, but among the masses a staggering increase in poverty follows.

In addition to the enormous waste of money and intake of poisonous substances, the food habits of the people have entirely changed during the past century. The result of the increasing use of devitalized food and of strong and harmful drinks and tobacco exact heavy toll in human welfare.

The sequence is inevitable and the steps easily discernible. The people are weakened by consuming injurious, stimulating, nerve-whipping substances, and foods robbed by manufacture or mistaken cookery of their vitamins, minerals, and precious life-giving properties. Under-nourished, famished nerves and body cells call out for proper food and their call is deadened by the use of artificially stimulating, habit-begetting substances such as tea, coffee, tobacco and liquor. The result? Let one of

Britain's own subjects tell the story. In the last issue of *New Health*, for January, 1931, appears the following article by Major J. B. Paget.

#### WE NEED A HIGHER PHYSICAL STANDARD

Our physical standard as a whole is at a low ebb. . . . The Secretary of State for War has recently stated in Parliament that enough recruits cannot be obtained for the Army. Large numbers offer themselves, but 61 per cent. have to be rejected for physical reasons, although we now take them under 5 ft. 2 in. in height, with defective vision, false teeth, and an absurdly small chest measurement. No further back than the early fifties of the last century, Dr. Parks, in his standard work, "Army Hygiene," said: "It is very rare for a prospective recruit to offer himself for enlistment who has not perfect teeth and perfect eyesight." The soldiers of that time averaged 5 ft. 8-9 in. in height!

Turning to our Police, I am informed, by one of the head officers of that still fine body of men, that, although the height and chest measurements have not lowered, the men are neither so strong nor so well-built as they were even thirty years ago. To attract good men the pay has been greatly increased, yet 95 per cent. of the men who offer themselves are rejected on medical grounds, and a far greater number than formerly are only just above the minimum height. As regards the Navy, 90 per cent. of the lads who offer themselves for enlistment are rejected on medical grounds. One would imagine that the select proportion accepted would grow up into big men; but, owing, I maintain, to the unscientific naval ration, our men are among the lightest seamen in Europe.

In this country, we have now worse teeth, more deafness, and a greater amount of physical disability than any European people. Our average life period is longer, it is true; but that is due to the fact that we are ahead of other nations in sanitary affairs. I am credibly informed that we also have among our population, under twenty years of age, a bigger proportion of mental defectives than any other country—even a graver state of things than unemployment. As to the latter problem, I would say, at rough guess, that we have at least half a million people unemployed through mental or physical deficiency. . . .

It is known that four generations ago we were physically the finest people in Europe. Emerson, the great American writer, when he visited this country some eighty years ago, said that in his judgment two Englishmen weighed as much as three Americans, and that the Continental peoples, as a whole, were much smaller than we were. If he came to life again, he would have to reverse both those statements.

Some ten years ago the great French portrait painter, Bachel, told me that in the days of his youth he visited England, and was struck by the great beauty of our women. He always promised himself the pleasure of a second visit, but was unable to carry this out until after the war. When he eventually did come, he was surprised to find that our women were not nearly so handsome as before. "Perhaps, Maitre," I said, "the reason why you were not so favourably impressed was that you were forty years older." He replied, "No, that is not the

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THURSDAY, FEBRUARY 26, 1931

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EDITORIAL

PREVENTION IS BETTER THAN CURE

THE Christian churches have been calling sinners to repentance for two thousand years. That is worthy of commendation. The sinner should repent, for his own good and the welfare of society. He is spiritually sick, for he has broken eternal law. He must be healed, and restored health comes only through repentance, the turning away from sin, and the doing of that which is right.

One can not help wonder, however, if, in the eagerness to save sinners, the churches have not forgotten the more important task, to keep men from becoming sinners. It is better not to sin than to repent from sin. The scars of evil are unpleasant reminders. Health is preferable to convalescence.

Herein lies a distinguishing feature of the restored Gospel of Jesus Christ. It places the sinless man higher than the repentant man. It teaches methods of health preservation rather than of health recovery. It believes that prevention is better than cure. It believes in the divinity of the spirit of man, by which sin may be avoided.

The system of truth known as the Gospel is not beyond the comprehension of man, nor is its practice beyond his power. It is a system designed, primarily, to enable men to advance towards perfect health, of body and spirit; and, secondarily, to rescue and lift into a new life, the erring, slipping mortal. Every Gospel principle contains life-giving elements, which if continuously practiced and assimilated, establish immunity against sin and make it possible to progress towards the perfect life. Mortal man may not be wholly free from sin, yet he has the power within him to avoid sin and to increase in righteousness. From this point of view the restored Gospel may be considered with immense human profit.

The Word of Wisdom illustrates this thought. It is designed to keep men free from sickness. Its promised rewards are those of health and protection against the scourges of the body. It is but a corollary that if the sick, who have violated law, obey the Word of Wisdom, they will the sooner achieve health. Prevention rather than cure of sickness is the message of the Word of Wisdom.

Man's "feet run to evil." That may be true; but if so, evil is en-



gendered and fostered by the failure to practice the principles of spiritual health. Also, man was made "in the image of God." That justifies the conclusion that man will find deeper joy in the sinless than in the sinful life. The world has too long assumed that sin, deep error, is a human necessity. The Gospel looks in the opposite direction. "Ye that love the Lord, hate evil."

The Latter-day Saints strive to prevent sin, whether physical or spiritual, and regretfully undertake to cure sinners. This may be a somewhat uncommon view, but it points towards the light. There can be no other approach to perfection.—W.

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### "ASK AND YE SHALL RECEIVE"

It (the Word of Wisdom, revealed to Joseph Smith at Kirtland, Ohio, on February 27th, 1833) is the first revelation given after the organization of the School of the Prophets. The Elders who were instructed in that school, as a preparation for the ministry, were to be clean. . . . The first school was held in a small room situated over the Prophet Joseph's kitchen, in a house which belonged to Bishop Whitney. The brethren came to that little room from near and far to receive instructions. As was customary at that time, some of them smoked and used tobacco in other forms. Often, when the Prophet entered the room, he would find himself in a cloud of tobacco smoke, and the floor was soiled. The Prophet earnestly sought the Lord for guidance in this difficulty, and received this revelation.

There is, possibly, no revelation in the Doctrine and Covenants that has been more frequently commented upon by the Elders in their discourses, or more fully explained. There certainly is none that has received stronger confirmation by scientists. . . . Here, the Prophet deals with a subject that belongs properly to the domain of science, and scientists, therefore, without intention on their part, become witnesses to the fact that Joseph Smith spoke by divine inspiration, when they confirm the truths set forth.—J. M. Sjodahl, *Doctrine and Covenants Commentary*, page 705.

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### A PROPHET SPEAKS TO GREAT BRITAIN

(Concluded from page 135)

reason. I am correct in what I say. I am a portrait painter, and faces are photographed on my brain. I never forget." I said: "What of the French women? Do you find that they also have deteriorated in appearance?" "No," he answered, "they have remained about the same. But forty years ago they could not hold a candle to the English women for beauty."

To improve our physical standard, the first thing to do is to awaken

the interest of the public in the matter. It is necessary to show that, although we are the same race, with the same climate and the same water that we had, say 120 years ago, we have physically deteriorated—the reason being that our diet has changed during that time.

We must prove to the nation that what I have said above is an unpleasant fact. As the best way to do this, the New Health Society should collect data on the subject, and issue a report. This should bring out the average height, weight, state of eyesight, amount of rheumatism, cancer and other chronic complaints, in the various countries, paying special attention to the state of the teeth and the breadth of the palate. The latter has narrowed greatly during the last few generations in England; any teacher of singing knows that it is becoming more and more rare to find good English voices—owing, in my opinion, to this physical defect; while on the Continent perfect teeth in good square jaws are the rule, and not an exception—at any rate, among the peasant population. The result of this report would be a rude shock to our self-complacency, but its publication would amount to a national service; and I am confident that our great daily Press would help the Society in the work by giving publicity to its findings.

What is the remedy, the cure for this appalling condition?

That was given by a Prophet of the Lord ninety-eight years ago—decades before the study of human foods and welfare was thought of as the science it has become to-day. In simple terms it is this:

Avoid all intoxicating liquors or injurious substances, such as alcohol, tobacco, tea and coffee; use meat moderately; eat grains, vegetables and fruits of the earth—as fresh as they may possibly be secured and as nearly as may be possible in the condition in which they are prepared by Nature for man's consumption. When cooked, the properties and contents of vegetables and grains must be retained for body building. When the body is properly nourished (and the best foods are often the cheapest), the craving for drugs, or for drinks which contain them, will not be felt, or if acquired may be more easily overcome. Then, when the body is well nourished, it will be easy to avoid the use of substances which undermine health.

A modern Prophet, in the inspired Word of Wisdom, has pointed the way to physical rehabilitation and the maintenance of physical well-being. Shall we not all heed the warning, given “not by commandment or constraint, but by revelation . . . showing forth the order and will of God in the temporal salvation of all saints in the last days”?

The need is here and now; the remedy is at hand. The Lord's promises never fail of fulfilment when man does his part. By so doing, the little handful of Latter-day Saints in these Isles may become as “a light set upon a hill,” to point the way of temporal as well as spiritual salvation to the people of their loved country.

## SIMPLE ECONOMICS

ELDER WILLIAM D. CALLISTER

THE warning of the Lord to the Saints in 1833, "in consequence of evils and designs which do and will exist in the hearts of conspiring men," in which strong drink, tobacco and "hot drinks" are specified, implies among other things that men would use these materials to increase their own wealth at the expense of others' welfare. This prophecy has been and is being literally fulfilled.

The economic phase of the Word of Wisdom, with especial regard to alcoholic liquor, or "strong drink," is interesting and enlightening; it gives a practical solution to much of the economic difficulty of this country, from which every person in the country would benefit.

According to government reports, the inhabitants of the British Isles spent £300,000,000 in 1927 for alcoholic liquors, an average of £35 per family. With simple arithmetic, one might easily calculate the many useful commodities this wasted money might have purchased. Statistics show that 550 persons are employed for the manufacture of every million pounds worth of liquor. In other words, 165,000 people are engaged in this soul-destroying industry in the British Isles alone. Taking the welfare of the nation into consideration, this entire business is an economic waste.

According to the most conservative estimate, seven times more wages are paid for the production of a million pounds worth of other commodities—such as cotton, woolen and silk goods, motor cars, wireless sets, etc.—as are paid for the manufacture and sale of one million pounds worth of liquor. Thus, a smaller percentage of the money spent for liquor goes back into the pockets of the working class than in other industries, and the brewer prospers, with great sums rolling to him daily. He amasses untold sums at the expense of his fellowmen.

A simple calculation shows that should this £300,000,000 a year be spent in other industries, a total of 1,115,000 workers would be employed in place of the 165,000 engaged in the alcoholic beverage business—an increase in employment of about one million persons, which would immediately cut the unemployment problem of the country in half, and thus dispel the cry of many "that large numbers of people would be thrown out of work should the liquor industry be stopped."

Should this money, now wasted on liquor, be used in other industries, a two-fold benefit would result: Unemployment would be greatly reduced, and the physical, moral and intellectual standards of the country would be greatly increased.

Wiser spending of money, that is, spending it for useful articles rather than wasting it on liquor, would provide better food and

clothing, better homes and more comfortable surroundings for the rising generation than are now enjoyed. In place of the ragged, under-developed children, one sees so often, encompassed by undesirable circumstances, would be well-clothed, well-fed and happy children, inspired by ambitious and intelligent parents, living in a home owned by the family, which would be equipped with many modern conveniences, the family perhaps having at their command a modest motor car.

The money now wasted on alcohol would do all this for many thousands of families, and the increased buying of all these useful commodities would stimulate industry as never before. The cotton, woolen and silk factories now idle would be running at full speed. Steel mills would soon be operating at capacity, as would be the coal pits and countless other industries. New plants would be projected, calling for thousands of workers to operate them. Bank accounts would increase; attendance at higher institutions of learning would soon double. Such a new era of buying useful goods would, in this complex system of business and finance, reach every legitimate business in the country, and the government would have much less worry about meeting the "dole" or taking care of thousands of people now victims of the present economic depression. In a comparatively short time, prosperity would be wide-spread in place of the present poverty: All through diverting the money now wasted on liquor into the proper channels.

This is not the first time such a view has been expressed. Two years ago, the Rt. Hon. Philip Snowden, M.P., now Chancellor of the Exchequer, gave out the same idea as a means of greatly reducing unemployment and stimulating business. Many others, being far-sighted and visioning the future, realize this as a main solution to the present depression.

But the foregoing only takes into consideration one thing—alcoholic liquors. The tea, coffee and tobacco bill of the country is nearly as large as the alcohol bill. As with liquor, there are fewer workers employed to produce these articles than are employed to produce useful commodities of equal value. Again, the producer greatly prospers at the expense of the public, as the percentage paid in wages is small. Should the money be spent in useful industries, still greater prosperity would follow.

Students of economics understand that factors which contribute to waste and inefficiency must be eliminated from our present system. Such elimination adds to the well-being of every member of the human family. The Lord understands this far better than do mortals, and warned His Saints for their own temporal welfare nearly a century ago. His plans are far better guides than those contrived by the human mind.

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'THE way of a fool is wise in his own eyes.'—PROVERBS 12: 13.



## FACTS

WHEN the Word of Wisdom was revealed to the Prophet Joseph Smith, very little was known of the evil effects of certain substances, now commonly used. However, increasing science has discovered many truths which substantiate the revealed word of the Lord.

The following facts concerning alcohol, tobacco, tea and coffee are taken from *Medical Aspects of the Latter-day Saint Word of Wisdom*, by Dr. L. Weston Oaks. Dr. Oaks, in compiling his book, obtained his material from original sources on file in the Library of the Surgeon General of the United States Army. Dr. Oaks cites his references, all reliable, on each subject.

## ALCOHOL EXPOSED

1. Alcohol is now classified as a drug: It exerts none but a depressant action, especially upon the nerve which controls the heart rate, and does not stimulate, as many people think. It is a poison.
2. Alcohol has long been recognized as a contributing cause of Bright's disease.
3. Alcohol fosters an unnatural appetite.
4. Alcohol irritates the lining of the mouth and stomach, thus interfering with the digestive system.
5. Alcohol seriously affects the reproductive organs.
6. Some effects of alcohol are inherited.
7. Alcohol does serious damage to delicate nerve tissues.
8. Alcohol dulls perception, obstructs logic and impairs the utmost co-ordination of all mental pathways, not only temporarily, but permanently after continual use.
9. Alcohol, in excess, renders its victim unable to rise above the animal level; baser passions and emotions are left to direct his conduct.
10. The wide-spread notion that moderate drinking with meals helps a labourer to do his work is false. It seriously hinders his ability at manual labour.
11. Alcohol causes accidents, and increases mortality from accidents.
12. In case of illness, alcohol obscures diagnosis.
13. In injury, internal use of alcohol increases danger of infection.
14. Alcohol retards the process of tissue repair in wound healing.
15. Death by acute alcohol poisoning results from paralysis of that brain center which controls respiration or breathing.
16. Alcohol is frequently associated with insanity, pauperism, criminality and idiocy.
17. Long experience has shown undeniably that individuals who tamper with alcoholic beverages are poorer risks for insurance—it greatly reduces the length of life.

18. Dr. Kraepelin, after deeply studying the subject, tells us that alcohol impairs every human faculty; and that the higher, the more complex the human faculty, the more pronounced is the effect of alcohol upon it. He also maintains that the effects of alcohol are cumulative; that is, its continuous use, even in moderate quantities, tends to impair the abilities at a rapidly increasing rate.

§ *Conclusion*: The internal consumption of alcohol, either moderately or habitually, never created a happy home, never increased the individual's health, and never contributed to the prosperity of the consumer—but on the other hand, destroys happiness, health and prosperity. WHY TOLERATE IT?

#### TOBACCO—A SOUL-DESTROYER

1. Tobacco is a habit-forming drug of the narcotic class, taking its place in type of action along with opium, alcohol, aconite and others which effect a lowering of body function.

2. Tobacco not only contains nicotine, a violent poison, but also other poisonous substances.

3. Tobacco irritates the throat and voice box, and cancer of the lips, tongue and voice box is often initiated by this chronic irritation.

4. In tuberculosis sanatoriums, mortality among smokers is higher than among non-smokers.

5. Smoking lowers the resistance of mucous membranes of the lungs, thus making them more susceptible to infection, and according to experiment, decreases the lung capacity by 9.4 per cent.

6. Tobacco exerts its effect upon the human heart in at least three ways: First, it directly poisons the heart muscle cells so that they lose a certain percentage of their normal ability to do with ease the work placed upon them. Second, it increases blood pressure slightly, thus adding resistance which the heart must overcome in pumping blood through the vessels. Taken together, these mean that it decreases the heart's power of doing its work, and at the same time increases the load, making its work more difficult than at normal. Third, tobacco acts upon the nerves which control the heart rate, causing it to become more or less irregular in its action. The length of life for the heart is thus materially decreased, and it will be more likely to break down in an emergency.

7. The use of tobacco hampers the sight; a form of blindness is due wholly to its use.

8. Tobacco has a power to create a desire for itself—it is habit-forming.

9. Tobacco tends to destroy those vital nervous energies so necessary to the living of a normal, sane life.

10. A New York City magistrate says: "Ninety-nine out of a hundred boys between the ages of ten and seventeen years, who

come before me charged with crime, have their fingers disfigured by yellow cigarette stains."

11. Smoking does the following to young boys: Causes a loss of ambition to achieve; lessens desire to attend school; increases the telling of falsehoods; causes a decided loss of ability in mental tasks; blurs the sense of moral responsibility.

12. The use of tobacco lowers the physical endurance of every one of its victims.

13. Experiment has shown that memory, facility in learning, accuracy in calculation, and rapidity in recognizing letters in the alphabet are all poorer after the use of tobacco than before.

14. An American high school superintendent reports that smokers fail in their work more frequently than non-smokers; are doing distinctly poorer work than non-smokers; and are disciplined much more frequently and for more serious offenses than non-smokers.

15. Dr. George Lewis says that, in fifty years, no tobacco user in Harvard has graduated at the head of his class, though five out of six graduates were users.

16. Tobacco has a greater degenerating effect upon women than upon men, due to the more delicate and sensitive nature of women.

17. Women who use tobacco for long show a decided coarsening of feature, a roughening of voice, and a marked increase of hair upon the face.

18. Smoking may not only destroy a woman's ability to attain motherhood, but it also tends to rob her of the desire to fulfil this most sacred purpose of her existence.

19. Infants of smoking mothers have been observed to show symptoms of tobacco poisoning.

*Conclusion:* Tobacco tends to cause physical, mental, moral and spiritual degeneration, and is an absolute economic waste—in both time and money. WHY USE IT?

#### TEA AND COFFEE—HUMAN HANDICAPS

1. Tea contains thein, and coffee caffein—different names for the same substance. It is a habit-forming drug.

2. Tea and coffee, temporary stimulants, cause a reaction or depression equal to the stimulation.

3. Tea and coffee markedly interfere with nutrition and growth in children, as well as causing serious nervous manifestations.

4. Tea and coffee often produce nervous irritability in the adult.

5. Tea and coffee, used habitually, repeatedly stimulate certain nerves, causing them to remain in a state of pique or resentment.

6. Tremors, or unsteadiness of the hands, are common among heavy tea and coffee drinkers.

7. Caffein places an added strain upon the kidneys.

8. Caffein is a cause of acid stomach and heartburn.

9. Constipation is usually present where an individual has been addicted to heavy use of tea or coffee over some time.

10. Tea and coffee affect the appetite unfavourably ; food is unattractive to the user.

11. Noises in the ears and dizziness sometimes result from caffen's constant use.

12. Disturbances of sight from habitual use of coffee or tea are quite common and are at times serious.

13. Many nervous, crying babies owe their irritable temperaments to the absorption of caffen from the milk of tea or coffee-drinking mothers.

14. Caffen causes a rise in blood pressure, the degree being dependent upon the individual temperament and the amount used, sometimes resulting in high blood pressure.

15. Caffen increases the rate of heart beat.

16. Poisoning from the use of tea and coffee is a rather common occurrence in certain sections.

*Conclusion* : Tea and coffee seriously handicap a person's capabilities. **WHY GET INTO THEIR CLUTCHES?**

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### EDISON ON PROHIBITION

LAST DECEMBER, Thomas A. Edison, the famous American inventor, was asked several questions relating to the alcohol problem. One was this : " In your judgment, are children better fed, clothed and educated since the coming of national (American) prohibition than they were before ? "

In my judgment, I would say yes. In support of this opinion and in this connection, let me cite my experience as a manufacturer, which is similar to that of other manufacturers. On pay day, before prohibition, hundreds of pale-faced women, shabbily dressed, some with faded shawls around their heads, appeared at our factory at West Orange.

They were waiting to get some of their husband's money before he got to a saloon (public house). Within a year after the national amendment, not a single woman appeared. Surely we do not want a return of this state of affairs. Undoubtedly, the condition of the mother indicates the condition of the children, although they are perhaps a little better off than she, because she will do anything to the giving up of her life to protect them.

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